

Nicotine in E-cigarettes

NO AMOUNT IS SAFE FOR YOUNG PEOPLE

- ✓ *Nicotine exposure can harm brain development.*
- ✓ *Nicotine is highly addictive.*
- ✓ *Nicotine is harmful to the health of unborn children.*
- ✓ *Nicotine causes harmful physical effects and can be toxic.*

NC YOUTH AT RISK

Nearly one in seven of North Carolina high school students who has ever tried e-cigarettes has never smoked a cigarette. A growing body of evidence shows that these students are more likely to smoke cigarettes in the future.



■ Nicotine in e-cigarettes harms young people.

- Nicotine can harm the brain as it continues to develop through young adulthood until age 25.
- What harms can nicotine cause to a young person's brain?
 - Nicotine addiction and possible increased risk of becoming a cigarette smoker
 - Learning problems
 - Memory and attention problems
 - Behavioral problems
 - Increased chance of future addiction



■ E-cigarettes attract young people.

- Available in fruit and candy flavors
- Advertised using celebrity endorsements
- Available for purchase online



■ The nicotine in e-cigarettes is poison.

Nicotine is toxic. The liquid inside e-cigarettes and refill bottles is a poison hazard for toddlers. Poison control calls in North Carolina related to e-cigarettes increased from just eight in 2011 to 121 in 2016. Many cases involved children and toddlers who swallowed e-cigarette liquids left unattended.



■ Nicotine use during pregnancy can harm the baby.

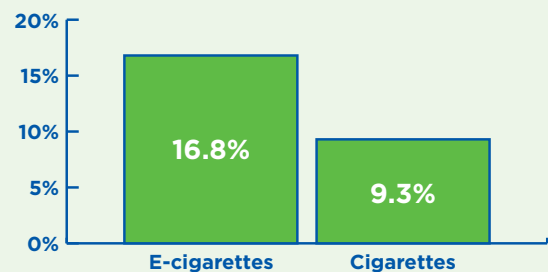
- Sudden infant death syndrome
- Impaired brain and lung development
- Auditory processing problems
- Effects on behaviors
- Increased risk of obesity
- Deficits in attention and cognition
- Nicotine dependence in adolescence



What are the symptoms of nicotine poisoning?

- Nausea
- Seizures
- Vomiting
- Death (in high doses)
- Respiratory depression

Percent of high school students using tobacco products, 2015



Learn more at www.tobaccopreventionandcontrol.ncdhhs.gov/ecigs.



State of North Carolina • Department of Health and Human Services • Division of Public Health
Tobacco Prevention & Control Branch

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